



DEPARTMENT OF DEFENSE
SPECIAL OPERATIONS COMMAND-KOREA
UNIT #15622
APO AP 96205-5622

10 June 2016

MEMORANDUM FOR ALL SOCKOR PERSONNEL, CIVILIANS, AND CONTRACTORS

FROM: SOCKOR/CG

SUBJECT: Command Philosophy on Holistic Fitness and POTFF

1. For years, we have experienced increasing levels of stress due to continuous combat deployments. This has fundamentally impacted our personal wellbeing, the wellbeing of our families, and the overall readiness of our force. To counter this trend, USSOCOM launched the Preservation of the Force and Family (POTFF) initiative, which integrated a comprehensive approach to care for our warfighters and families, with a focus on improving four performance domains.

a. **Human Performance.** We perform best when we eat, sleep and exercise right - the Performance Triad. Take the time to ensure you are achieving your physical fitness, sleep, and dietary goals. We will work to develop a team of certified professionals to help you meet these goals and assist you should you experience injury or illness.

b. **Psychological Performance.** If you, your family, or teammate need help or just wants to improve their psychological performance, our POTFF Psychologist is here to help. I fully support taking advantage of his services to ensure you are honing your mental performance and readiness. We must ensure we have the coping skills to deal with our challenges and to keep distressing thoughts from developing into a more serious mental health problem. There will be no stigma for anyone making themselves better by improving their psychological performance.

c. **Spiritual Performance.** Regardless of your belief system, good spiritual health can promote healthy living, sound decision-making, meaningful relationships, a sense of life's purpose and meaning – all of which we need to do our job well. Whether it be via the Chaplain Corps, a local church, support group, or through individual efforts, please take the time to reflect upon your spiritual performance.

d. **Social Performance and Family.** Strong social performance comes from healthy social networks that promote overall well-being and performance. Supportive and loving families are vital to our success as a team; whether they are here in Korea or not. As much as we rely on our families, we owe them even greater support for their growth. The Family Readiness Group and our POTFF Team are here to assist in this support as well as provide training opportunities to ensure our families growth.

2. We identified time goals in our daily schedules for work, sleep, physical fitness, and personal/family time... "9-7-2-6"...take advantage of this opportunity to improve our overall performance. As SOF, we are known for our high-caliber capabilities and I am committed to the implementation of these POTFF principles in everything we do so we are always prepared to fight tonight.

A handwritten signature in black ink, appearing to read "Tony D. Bauernfeind", is positioned above the typed name.

TONY D. BAUERNFEIND, Brig Gen, USAF
Commanding General